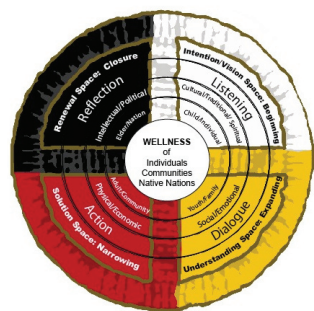


HEALTHY NATIVE COMMUNITIES FELLOWSHIP



The Healthy Native Communities Fellowship develops and supports teams of change agents who wish to deepen their ability to promote wellness in Native communities. The Fellowship is a cornerstone of the Indian Health Service National Health Promotion Initiative.

The Fellowship is the beginning of a life-long journey to create healthy community change. Fellows have the opportunity to experience and try new tools, practice new skills, and nurture new leadership actions at multiple levels. Fellows are encouraged to take risks and “stretch” their images and perceptions of themselves, their Fellowship Team, and their communities.

THE FELLOWSHIP:

- Hands-on, collaborative and grounded in Native cultural, social, spiritual and intellectual perspectives.
- Fellowship Retreats: Four week-long gatherings of teams-January, April, July and September, 2008.
- HNCF WorkStation: an Online Learning Community where Fellows connect via the Internet for discussions, a resource library, and networking with peers and faculty.
- Fellowship Support: Fellows provide mentoring and support to one another during the Fellowship and beyond. Faculty and staff provide support and mentoring to teams as needed.
- “Fellow Space” Action Learning Process. In between the Fellowship retreats, Fellowship teams actively share the skills, knowledge, tools and perspectives gained from the Fellowship with their home community group.

THE TEAM APPROACH:

We are looking for teams made up of 3 community members representing different sectors of the community. For example, grass-roots activists, law enforcement, education, youth, elder, arts, health, traditional/non-traditional leaders, business, spiritual/cultural leaders, political leaders and others who can demonstrate they are working

together towards community change and wellness. This approach ensures that fellows have a strong community base when they return home.

*“This learning session has strengthened and encouraged me by giving me the tools needed to work within our communities”
Fellow 2007*

The Fellowship:

What it IS:	What it ISN'T:
Highly interactive	Lectures in a Classroom
Sharing Collective Experience & Knowledge	Experts Giving the Answers
Internet -Based Learning	Reading Tons of Books and Articles
Action Learning Process	One Big Research Project
Learning Community	Individual Study
Coaching & Support	Going It Alone
Leadership Development & Transformation	A Training



*“It helped me to see the big picture. I saw the steps that are needed to get there.”
Fellow 2007*



Who could be on our Fellowship Team?

- CHR's
- CHA's
- Community-based health and human services workers
- Community Activists
- Spiritual Leaders and Elders
- Civic and Business Leaders
- Counselors
- Physicians, Nurses and other health professionals
- Local or Regional government officials
- Tribal leaders
- Health Educators
- Teachers
- Leaders and /or staff of non-profit health or social service organizations
- Health Directors

*“I learned that each one of us is a strong voice for the community”
Fellow 2006*



Check out the WorkStation
www.healthynativecommunities.org

COMMUNITY GROUP = HOME TEAM:

The team members applying for the Fellowship need to be part of a on-going community group working towards community wellness. This group will be your community-based “home team” (examples - community wellness coalition, health board or other community wellness initiative).



WE ARE LOOKING FOR TEAM MEMBERS WHO:

- Will commit one year to attend all Fellowship events and apply skills and knowledge learned from the Fellowship back home in an action learning process;
- Demonstrate personal commitment to improve the health of the whole community, not just the clients served by their particular organization;
- Demonstrate they are part of a team or community group that is working together with Tribal members across organizational boundaries to address broad community problems;
- Have access to a computer, printer and internet and have basic computer literacy.

WE ARE LOOKING FOR TEAM MEMBERS WHOSE SPONSORING ORGANIZATION WILL:

- Ensure fellows have 6 hours per week to work on broad community health improvement activities under the auspices of the Fellowship;
- Support fellows with release time to attend all Fellowship retreats, conference calls and other activities;
- Work across organizational boundaries to support community change efforts of the Fellowship team and the community group.

In order to ensure a diverse Fellowship experience, consideration will be given to the factors listed above as well as geographic and Urban, Tribal and IHS representation.

HOW WILL THIS FELLOWSHIP BENEFIT MY COMMUNITY & ORGANIZATION?

Fellows will be more effective in their jobs, with increased inter-personal skills, strengthened critical thinking and problem-solving abilities and a greater capacity for effective team work. Fellows will

*“This Fellowship opened new horizons to what other Native communities are doing towards wellness. I’ve developed self-confidence.”
Fellow 2005*



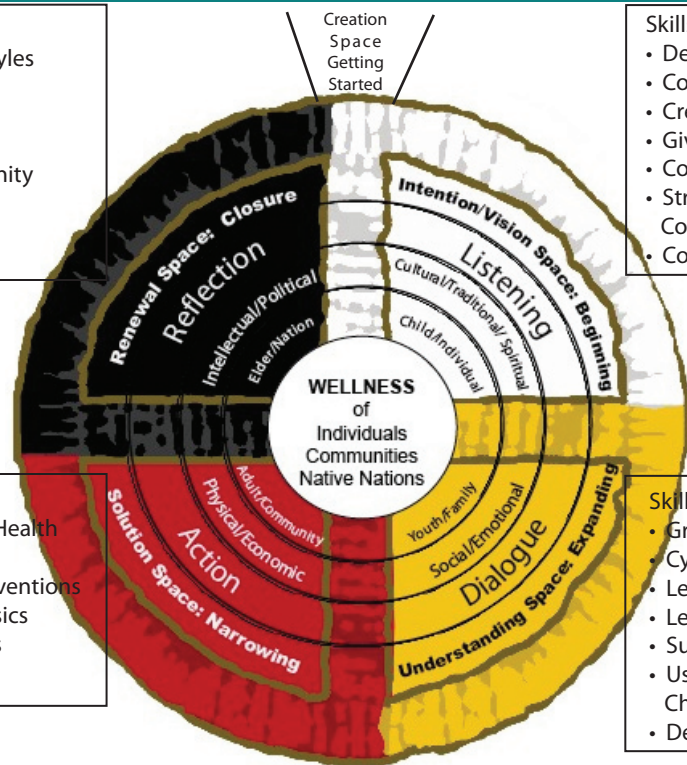
HOW WILL THIS FELLOWSHIP BENEFIT ME?

Skills to Bring Home:

- Understanding Different Leadership Styles
- Assessing Personal Leadership Style
- Nourishing and Sustaining Team and Community Wellness Efforts
- Developing Policy to Promote Community Wellness
- Understanding Federal/Tribal Policy Development Process

Skills to Bring Home:

- Analyzing Root Causes of Community Health Problems
- Developing Effective Community Interventions
- Learning & Practicing Grant Writing Basics
- Sustaining Community Wellness Efforts
- Conflict Resolution



Skills to Bring Home:

- Deep Listening
- Community Listening/Assessment
- Creating a Community Wellness Vision
- Giving & Receiving Feedback
- Community River of Life
- Strategies for Strengthening Community Connectedness
- Community Readiness

Skills to Bring Home:

- Group Facilitation Basics
- Cycles of Collaborative Group Interaction
- Leading a Group Dialogue
- Leading Group Action Planning
- Sustaining Community Coalitions
- Using Data in Community Wellness Change Efforts
- Dealing with Challenging Group Dynamics

bring back new ideas and models for how to improve community health that will enhance organizational practices. Fellows will train others in their community and organization in new skills learned in the Fellowship.

APPLICATION PROCESS:

- Application packets available June 2007.
- Each applicant must apply as part of a team of 2-3 individuals.
- EACH TEAM SUBMITS ONE JOINT APPLICATION
- We will accept Faxed or Mailed applications.
- Complete Application packets are due on September 1, 2007 to be considered for the Fellowship year beginning January 2008.
- Complete applications received by the due date will be reviewed by the HNCF Selection Committee by October 2007.
- Selected applicant Teams will be notified by November 2007.

COSTS OF THE FELLOWSHIP:

- The Healthy Native Communities Fellowship pays for:
- travel to/from 4 Fellowship retreats for selected fellows
 - meals and lodging at Fellowship retreats
 - tuition for the Fellowship

The fellow's organization contributes:

- release time from work to attend four 1-week-long Fellowship sessions in 2008
- 6 hours per week to work on the action learning process
- Internet & computer access

Visit www.healthynativecommunities.org to download your brochure and application form.

**APPLICATIONS DUE
SEPTEMBER 1, 2007
FOR THE
2008 FELLOWSHIP YEAR**



INDIAN HEALTH SERVICE
NATIONAL HEALTH PROMOTION INITIATIVE

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HEALTHY NATIVE COMMUNITIES FELLOWSHIP



**FELLOWSHIP
INFORMATION
2008**

Applications
Due:
September 1, 2007
for session
beginning
January 2008



- Help your community realize their vision of health and wellness
- Create effective teams and coalitions to improve community health
- Mobilize your community for positive change
- Energize and deepen your leadership skills